



# *Celebrating* **A HAPPY & SAFE THANKSGIVING**

## *Tips from* **THE CAMBRIDGE PUBLIC HEALTH DEPARTMENT**

As Thanksgiving approaches, the Cambridge and Massachusetts Public Health Departments offer some important tips on how to slow the spread of COVID-19 and protect yourself and your loved ones.

### **First, remember these basics:**

- Wear a mask at all times.
- Practice physical distancing.
- Wash your hands frequently.



### **LOWER RISK ACTIVITIES:**

Celebrating Thanksgiving only with the people in your household is the best way to protect you and others in your broader network from COVID-19 illness.

You can also host a virtual holiday dinner with family or friends. A virtual meal can help you stay connected without the risk of contracting or spreading COVID-19. You can also prepare favorite recipes for family and neighbors and deliver them in a way that doesn't involve contact with others.



### **MODERATE RISK ACTIVITIES:**

Weather permitting, have a small outdoor meal with family and friends who live in your community. Massachusetts outdoor gatherings are currently limited to 25.

If it's too cold for dinner, meet outside for dessert or warm cider.

Take an after-dinner walk with neighbors or nearby family members.

Wear masks and remind everyone to stay 6 feet apart.



### **HIGHER RISK ACTIVITIES:**

Getting together with family and friends indoors puts everyone at risk for COVID-19. Massachusetts indoor gatherings are currently limited to 10 individuals.

### **If you decide to have an indoor gathering:**

- Keep visits short.
- Practice the basic safety measures. Wear masks when not eating (and have extras on hand). Encourage frequent hand washing. Be mindful of physical distancing and remind others to stay 6 feet apart.
- Do not share food, drinks, or any utensils.
- Encourage guests to bring food and drinks for themselves and their own household.
- Avoid self-service food or drink options such as buffets, potlucks, and drink stations.
- Seat people with plenty of space from one another while dining, possibly in multiple rooms rather than a large shared table.
- Improve ventilation by opening windows and doors.
- Limit contact with others and leave your home only for essentials for 14 days before and after your holiday gathering OR obtain a molecular (PCR) COVID-19 test within 72 hours of the celebration.



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## THANKSGIVING & TRAVEL:

- Holiday travel increases chances of getting and spreading the coronavirus.
- If you do plan to travel, consider the number and rate of COVID-19 cases in the area you intend to visit. If your travel plans include going out-of-state, be sure to review your destination state's travel orders and be aware of Massachusetts' requirements for travelers returning home.

## OBSERVE THESE ADDITIONAL PRECAUTIONS:

- Avoid shopping in crowded stores just before, on, or after Thanksgiving.
- Avoid shaking hands and hugging. Wave and verbally greet others instead.
- Avoid singing, dancing, and shouting. These activities increase your chances of catching coronavirus through the air.

## THANKSGIVING RECIPES:

Here are some healthy recipes from the Cambridge Public Health Department's Public Health Nutritionist and Cambridge in Motion team.

### Maple-Ginger Roasted Vegetables:

#### Ingredients:

- 4 medium carrots (peeled and sliced)
- 3 large parsnips (peeled and sliced)
- 1 medium butternut squash (peeled, seeded and diced)
- 1 pound Brussels sprouts (halved)
- 1 ½ cups pecans
- 1/3 cup extra-virgin olive oil
- 1/2 tsp ground nutmeg
- 2 tbsp fresh ginger, minced (or 2 tsp ground ginger)
- ½ cup pure maple syrup
- salt and pepper, to taste

#### Instructions:

1. Preheat the oven to 425°.
2. In a large bowl, toss the carrots, parsnips, squash and Brussels sprouts with the olive oil and nutmeg and season with a pinch of salt and black pepper.
3. Spread the vegetables on 2 large rimmed baking sheets (to avoid crowding) and roast for 30 minutes.
4. Add the pecans, ginger, and maple syrup to the vegetables and toss well.
5. Continue to roast the vegetables for another 25 minutes. Scrape the vegetables into a bowl and serve hot or at room temperature.

### Tahini Dressed Carrots:

#### Ingredients:

- 3 pounds carrots (peeled and sliced)
- ¼ cup lemon juice
- ¼ cup tahini
- ¼ cup olive oil
- 2 tbsp water
- 2 cloves garlic (minced)
- 2 tbsp chopped flat-leaf parsley

#### Instructions:

1. Steam carrots until tender, about 6 minutes. Transfer to a bowl and let cool slightly.
2. Whisk the lemon juice with the tahini, olive oil, and water until smooth. Then whisk in the garlic and add a pinch of salt.
3. Pour the dressing over the carrots, add the parsley and toss well. Serve!

